



a postpartum guide  
to *healing* your body,  
*balancing* your emotions  
& *restoring* your vitality

# the *fourth* trimester

KIMBERLY ANN JOHNSON

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## The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality



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A guide to greatly help support females through post-partum healing on the physical, emotional, relational, and spiritual amounts. This holistic guide offers practical advice to aid women through postpartum healing on the physical, emotional, relational, and spiritual levels—•Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's healthcare advocate, and from the recovery traditions of Ayurveda, traditional Chinese medicine, and herbalism— • and much more. • ways to organize yourself and your household to get the best possible transition to motherhood; • how exactly to strengthen interactions and aid the return to sex; • understanding how to exercise securely postpartum; • carrying your baby with comfort; ways to prepare your body for birth; and ladies with a roadmap to the very important changeover that can last from several months to a few years. simple procedures and home cures to facilitate healing and restore energy; discovering the complex and frequently conflicting emotions that occur postpartum; as well as her own private experience—



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Buying this book for each pregnant friend I've out of this day forward. Students I teach yoga teachers to focus on prenatal and postnatal yoga. Kimberly's book will today be needed reading for our trainees at the Amala College of Prenatal Yoga exercises in Chicago. This is a beautiful reminder to rest rather than be afraid to require help during your recovery. She weaves in wisdom from Ayurveda, Yoga exercises, Structural Integration, Traditional Chinese Medicine...and somehow even more than that! I am wholly impressed by this body of work and cannot wait to work with you in the foreseeable future, Kimberly. IG @fatimaoasisdoula Worth it! Deep bow! I've gifted this book multiple times ?? Highly recommend Highly recommend for expecting mothers. Kimberly's book is helping me find what steps I can try view my experience with compassion and continue to heal as I move forward. The wisdom and empowerment she transfers to individuals she engages with is certainly unlike anything I've seen. Her understanding, grace and openness are extremely refreshing and exactly what I required. it withstands the test of time. I love that I am reading this book as the mother of a 9 and 12 year old and still the material is usually relatable. You can also flip the book open to any part and get a nugget of wisdom or listen to another woman's story. You'll learn a whole lot about the pelvic flooring. Even though I am personally quite well-versed in mother/baby care value systems, as someone who is in the center of my first pregnancy (which has been riddled with physical and emotional challenges), this reserve has been like a buddy telling me how it all is really in a calm apparent manner - I have shed tears in 100 % pure recognition interspersed with notice taking and saying out loud "oh good notion!" This reserve majorly validates a mother's intuitive understanding (because we really do know these things! Awesome, comprehensive book This book does an excellent job of orienting women both to things that folks might not tell you about postpartum -- physically, emotionally, inside your relationship, coming back to sex and sexuality -- and to what kinds of things can be done to heal, especially in the case of more disruptive birth injuries which are more rarely discussed, and more infrequently experienced, but definately not uncommon. We am hesitant to provide anyone any parenting advice, especially to fresh and pregnant moms, but this book Personally i think is a must!). Your husband can be section of this trimester. I read this book on my last trimester of our second child and it brought up great conversations with my husband. I love just how it emphasizes that your relationship and relationship with your partner shouldn't be placed in the trunk burner during this 4th trimester period. This book really helped me with my pregnancy and my mindset postpartum. I'm just a couple chapters in but already I know this will be a path-altering device in my own healing process. It really is never too late to purchase your postpartum recovery.! I can do the task of the 4th trimester nonetheless with teenagers. Definitely a good publication companion to first forty days. The rituals and preparing and movement guides gives me framing to possess my own best 4th Trimester NOW - despite the fact that my child is in 6th Quality. I had an exceptionally traumatizing being pregnant and birth knowledge that included surgeries and cancers treatments. It's only recently more than a decade later that I assume my body feels secure enough to explore those traumas. Kimberly's book can be an ideal shepherd in this exploration. She's encapsulated her teachings and equipment so that you can benefit from her extensive understanding and authentic compassion even though you don't eventually live near one of her workspaces. I highly recommend The Fourth Trimester for everyone getting ready to birth - or anyone who is caring for someone that's birthing or parenting. At any stage of preparation or recovery this book has tools and information that are vital and relevant. If you function with birthers, this should be on your library shelf. I paired it with The first fourty times (Heng Ou) and I need no additional books for me.... Now to get that for baby! All individuals should read this

book. I would recommend this to any mother to be, and specifically for women who've experienced any kind of birth trauma/injury, physical or mental.! Very easy to navigate if you are not a "browse the whole book" kind of person, but you'll end up reading cover to cover several times. This book is amazing. Important.! It is so comprehensive but incredibly readable. And the fact that it is available as an audio-book helps it be that much easier for new moms and shortly to be moms makes it that much more useful. Nowhere else possess I noticed such a holistic, extensive, forthright and compassionate undertake our lives as mothers. If you are a partner, this reserve is for you personally too! As a birth and postpartum doula, I held off for some time before I purchased this book (was looking for culturally relevant materials), but after a while, I purchased a hard copy for my personal reading purposes and my doula lending library.! I will come back to increase more to my review once We finish reading it. Get yours now because it is never prematurely . to prepare for a healing Fourth Trimester. I would recommend even if you're remotely considering motherhood. ESSENTIAL! Present to OBs, doulas, moms+moms to be. Kimberly is incredibly well trained, devoted and deeply focused in her work uplifting and educating women and helping mothers heal. This book takes you through essential medical, socio-psychological, and political reframing of what is happening in our homes and the homes of our anatomies around childbirth. It's not only for mothers' post-partum healing, but for the entire extended community. The concepts certainly are a re-education for birthing ladies, partners, caregivers, and health care providers who are ready to cultivate happy, healthful and pain-free lives. Buying this book for each and every pregnant friend I've from ...Stellar, Inclusive Source for Women's Health Professionals to Give to Clients, Individuals & Probably the most important books you can ever read should anyone ever have any intention in learning to be a parent (Mom and dad) or if you care for ladies in the childbearing calendar year. Every aspect to become a mother (and fresh parents, mom and dad both) are addressed here. It's a blueprint for achievement and sanity that OBs should enhance the "required reading" material that's handed to recently women that are pregnant at their first check up. So much is stated about finding your way through birth, your new baby, but this reminds us that Mom's and her partner's wellness, wellbeing, and balance are just as important. Thank you Kimberly!) but also helps move that intuition into very clear actionable techniques to build genuine, tangible support during this critical time. Even though I am personally fairly well-versed in mother/baby care value systems Every mother/to-be and those that support early maternity should go through this book! There are also good recommendations in the trunk for foods and some recipes that are useful and nourishing during postpartum (the nettle bone broth rocks !, both simply because labor support and for easily digestible nourishment after!We am so grateful this publication was written! (Composing from my Husbands accounts) Dont borrow that one, youre gonna wish your own copy! The author is a yoga instructor as well among her other credentials, and in addition talks a little bit about fundamental postpartum yoga along with the engergetics of birth which I thought really was beautiful. Doula Here- Held off for a while on purchasing this.but don't you wait on me.. Anyone who supports a mom or is a mom should have this in their tool container. After one of my dear customers expressed curiosity in borrowing the un-read book, I made a decision to purchase the Audible version to listen to during some of the very long car rides. I was pleasantly surprised and impressed with this content of the book; with how essential I felt it was for all new (and new once again) mothers. I right now recommend this book to all my customers, as I observe how essential it is to allow them to prepare for all of the good and the bad of brand-new motherhood; their new bodies, the traumas their bodies can maintain, all that is included with the territory. I really like the framework and how Kimberly provides her personal tale to relate

with the reader. Many thanks for writing this book and for helping mothers experience blessed by the opportunity not just to get a baby, but to ask for help and to look after herself. Excellent book on the topic with very practical suggestions. I discovered so much out of this book and truly appreciated Kimberly's willingness to share her journey. I also like the way it really is organized, based on which stage of lifestyle you are in. Wonderful. A must read. It's the publication I wish I acquired myself. Creating impacted my postpartum encounter for the better. Kimberly's wisdom is somehow revolutionary and timeless at the same time. Thank you for your work on this Kimberly! The gift that keeps on giving I just went to purchase this book for the third period. Once for myself, second for a pal, and third for myself once again because I dropped my first copy. Ha. THEREFORE I figured if I find the first one I could give it to another friend. I believe I might just give this publication to all or any of my pregnant close friends. ESSENTIAL READ! I am an initial time mom and have heard and read lots of what she discusses in the book, but now I have one solid source to refer back to, its just like the postpartum dictionary must have. This is a MUST read for all mom's and mom's to be! Deep Healing Wisdom all through #TheFourthTrimester I came across this book because I've had online courses and hands-on healing periods with Kimberly Ann Johnson.! Amazing book! I believe that is the way with truth;!! Thank you, Kimberly for having the courage to write this book and for whatever you do for women concerning sexuality, post partum therefore much more! Lela Wonderful information at any stage. I learned so much about myself, my own body, delivery, and after care. It has produced a notable difference in my experience learning to be a mom.



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